

# HEALTHY MARRIAGE HEALTHY FAMILIES CONFERENCE 2008 (CELEBRATING COMMUNICATION, COLLABORATION AND COMMITMENT)

## REGISTRATION FORM



Early Bird  
Special

SAVE!!

Register by March 19<sup>th</sup> and save on conference rates  
(Individuals and Couples are Welcome)

Mail registration to: Eastside Community Development Corporation, 2940 Corprew Avenue, Norfolk, VA 23504  
Or fax registration to: 757-638-9032. For more information call 757-609-1555

Conference Saturday, April 19, 2008  
8:00 am – 3:00 pm  
Includes Continental Breakfast,  
Workshops, Lunch, and Keynote Speaker

Check Boxes and CIRCLE Amounts:

	Received by March 19	After March 19
<input type="checkbox"/> Individual	\$50	\$70
<input type="checkbox"/> Couple	\$80	\$100

Payment methods accepted: Cash, Check or  
Money Order

The higher rate will apply for payments received  
after March 19, 2008.

Cancellations and Refunds: No refunds after  
March 31, 2008. All requests must be made in  
writing, mailed, emailed or faxed and are subject to  
a \$30.00 processing fee.

First Name (Please PRINT) Last Name

Address

City State Zip

Title Agency Affiliation

( ) Day Phone ( ) Evening Phone

Email

2<sup>nd</sup> Guest Name (if registering as couple)

### WORKSHOPS

Select sessions!! Please select a 1<sup>st</sup> and 2<sup>nd</sup>  
choice for each time listed. Session selection  
may be held at the conference site based on  
availability.

Workshops	1 <sup>st</sup> (fill in the 3-digit Session Numbers)	2 <sup>nd</sup>
10:00 – 10:50 (Sessions #101 – 104)	_____	_____
11:00 – 11:50 (Sessions #201 – 204)	_____	_____
12:00 – 12:50 (Sessions #301 – 304)	_____	_____

Note: Due to limited seating the conference  
committee reserves the right to assign workshops  
according to availability.

### Workshop Title

- 101 - In "Holey" Matrimony: Discovering Common Money Management Pitfalls for Couples
- 102 - Keeping It Real: Effective Communication Strategies for Couples
- 103 - Emerging Realities in the 21<sup>st</sup> Century: Managing Cross-Cultural Relationships
- 104 - The Healthy Marriage Initiative: What it Can Mean for You!
- 201 - Hope for Couples in Crises: Overcoming Health-Related Crisis for Marital Couples
- 202 - From Pain to Passion: How to Build Strong, Healthy Marriages
- 203 - From Verbal Abuse to Buffoonery: The Role of Hip-Hop and Contemporary Media Images on Parenting
- 204 - The Ties That Bind: Marital Relationships Impact on Child Well-Being
- 301 - Disagreements, Confusion, and Stagnation: Moving from Conflict to Authentic Communication
- 302 - The Tag Team Approach for Military Families: Healthy Solutions, Healthy Resolutions
- 303 - Healthy Marriage—Healthy Village: Involving the Community in the Healthy Marriage Initiative
- 304 - Real Fathers Stand Up: New Tools, Techniques and Strategies for Fatherhood Initiatives

**Session #101 - In “Holey” Matrimony: Discovering Common Money Management Pitfalls for Couples (10:00-10:50)**

The workshop presenter will lead participants in a real-world exploration of their beliefs about money that seem to be reflective of **holes** in the pockets of couples, where money is lost, and never recovered. Presenter will facilitate reality-testing process that will enable participants to gain greater understanding of how money works, and how to build wealth.

**Session #102 - Keeping It Real: Effective Communication Strategies for Couples (10:00-10:50)**

This workshop, presented by a husband and wife team, will provide insight into how couples can work together to ensure long-term success in marriage. It will also highlight what it takes to truly communicate effectively from a faith-based perspective.

**Session #103 - Emerging Realities in the 21<sup>st</sup> Century: Managing Cross-Cultural Relationships (10:00-10:50)**

This session will introduce participants to recent research findings regarding increasing trends toward cross-cultural dating and marriage. Workshop will explore unique challenges faced by these couples; innovative approaches to working with couples in a clinical setting, especially for human service practitioners.

**Session #104 - The Healthy Marriage Initiative: What it Can Mean for You! (10:00-10:50)**

This session will discuss how the Healthy Marriage Initiative serves as another tool in ACF’s mission of strengthening the lives of children and families. Participants will be engaged in honest and open discussion about what the Initiative is and is not about.

**Session #201 - Hope for Couples in Crises: Overcoming Health-Related Crisis for Marital Couples (11:00-11:50)**

Workshop presenter will guide participants through an innovative learning experience which will focus on contemporary health issues that lead to systemic disease and ill health in relationships. Diseases and disorders which harm the community will be discussed. This workshop will focus on spirituality, preventative strategies, developing protective factors, and common every day steps couples can take to effectively manage any potential health crises.

**Session #202 - From Pain to Passion: How to Build Strong, Healthy Marriages (11:00-11:50)**

This workshop will provide information, tools, and approaches to building strong, healthy marriages that help families thrive and develop together. Topics that will be explored include – how to break through the pain of marital strife, gaining purpose for your marriage, and faith-based approaches to healing. The workshop presenter is a trained marriage educator, and Ph.D candidate from Regent University.

**Session #203 - From Verbal Abuse to Buffoonery: The Role of Hip-Hop and Contemporary Media Images on Parenting (11:00-11:50)**

This workshop will explore how contemporary media images help shape and formulate self-image of children; challenges facing parents and practical strategies parents can use to improve child well-being. Presenter will also discuss negative impact of internet addiction on families.

**Session #204 - The Ties that Bind: Marital Relationships Impact on Child Well-Being (11:00-11:50)**

This session will present latest research findings on the importance of healthy marriages to normative child and family development. Presenter will address various types of families such as blended families.

**Session #301 - Disagreements, Confusion, and Stagnation: Moving from Conflict to Authentic Communication (12:00-12:50)**

This workshop is for anyone who has ever wondered how to effectively move beyond conflict or disagreements in relationships. In this workshop you will learn how to identify entrenched conflict, and how to move toward authentic communication in order to work in harmony toward common goals and interests.

**Session #302 - The Tag Team Approach For Military Families: Healthy Solutions, and Healthy Resolutions (12:00-12:50)**

This workshop will explore military families and couples similarities and dissimilarities to civilian families. You will learn effective strategies for managing marital stressors unique to military family life. Featured points include – contemporary marital stressors for military couples and families; the It Factor; Managing Parallel Realities; and Pre and Post-War integration. Presented by husband and wife team.

**Session #303 - Healthy Marriage-Healthy Village: Involving the Community in the Healthy Marriage Initiative (12:00-12:50)**

This session will provide strategies on how to involve the community in the healthy marriage initiative. Presenter will share practical ways to involve civic groups, churches and business community in planning healthy marriage activities.

**Session #304 - Real Fathers Stand Up: New Tools, Techniques and Strategies for Fatherhood Initiatives (12:00 – 12:50)**

This session will introduce new tools, techniques and strategies to help fathers become more effective parents, spouses and civic leaders. Presenter will share new information about state, local and national fatherhood initiatives.